Which fruits and veg have toxic residues and which do not?

Mon 5:52 am +00:00, 11 Aug 2025 3

posted by Tapestry

On the opposite end of the spectrum is the Clean Fifteen list — According to the EWG, almost 60% of the fruit and vegetable samples in this list had no detectable pesticide residues, and only 16% had residues of two or more pesticides. In addition, those in the Top 6 did not have residues of more than three pesticides. Here's the Clean Fifteen list:

Pineapple

Sweet corn (fresh and frozen)

Avocados

Papaya

Onions

Sweet peas (frozen)

Asparagus

Cabbage

Watermelon

Cauliflower

Bananas

Mangoes

Carrots

Mushrooms

Kiwi

So Which Fruits and Vegetables Made the List?

At the top of the Dirty Dozen list is spinach. It was found to have more pesticide residue by weight compared to other fruits and vegetables tested. To get the data on spinach, the researchers used 1,295 samples from the USDA collected between 2015 and 2016 — the most recent data available for this type of produce.[4] Here's the full list:

Spinach

Strawberries

Kale, collard, and mustard greens

Grapes

Peaches

Cherries

Nectarines

Pears

Apples

Blackberries

Blueberries

Potatoes

•**There were two newcomers to the list —** Blackberries were a new addition, as they were never tested before by the USDA. Meanwhile, potatoes were included in the list after being absent in recent years. This was mainly due to the use of chlorpropham, a plant growth regulator used for this crop. Chlorpropham has been banned in the European Union, according to CNN.[5]

•**EWG listed a few more crops —** Called "Plus" (+) items, these were the foods that didn't quite make the top 12, but were right behind them, just two spots below the 12th place item. This means that even if they're not technically on the Dirty Dozen, they still had high enough levels of pesticide toxicity that EWG felt they were important to flag. The Plus items include:

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New ‘Dirty Dozen’ List Warns About Rising Pesticide Residue in Common Produce

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3 Responses to “Which fruits and veg have toxic residues and which do not?”

Belyi says: 11 Aug 2025 06:30

This seems only to apply to the US. Many of the people on this forum live in Europe, so the list isn’t very informative as most of those pesticides are not allowed here.

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Gordon says: 11 Aug 2025 08:22

Maybe so, but you can be well assured they’ll be using the next best thing. Living in one of the main food production areas of the UK, mostly gramineous, I see the crops being sprayed in the middle and at the end of seasonal growth.

Pigs really do fly!

In the spring of this year I explained here on the blog that our skies are heavily chemtrailed to coincide with the pre-planting and pre-harvesting of our crops, and true to form, the pigs were out yesterday dropping their load from the sky as the harvest is now in full swing.

The pigs will drop their loads again in what’s called ‘tattie week’ as the root crops are lifted, immediately after which the land is tilled and their dung ploughed in only to be taken up by overwintering crops.

New word added to dictionary.
https://www.collinsdictionary.com/dictionary/english/chemtrail

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Belyi says: 11 Aug 2025 10:53

I’m lucky in that I live in a small country which is bordered on my side by some rural areas of France. Most of the produce I buy comes from small family enterprises which use organic practices.

I don’t know much about some of the main supermarkets, because I rarely shop there, although they also sell organic goods and, again many pesticides allowed in the US are not allowed here.

It’s more expensive? Well, health doesn’t have a price and I’d rather spend my money on that than on stupid stuff which is no good for body nor soul.

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Location: The Assembly Rooms Glastonbury
More info

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https://garyfraughen.co.uk/glastonbury-free-talk-12th-october-2025

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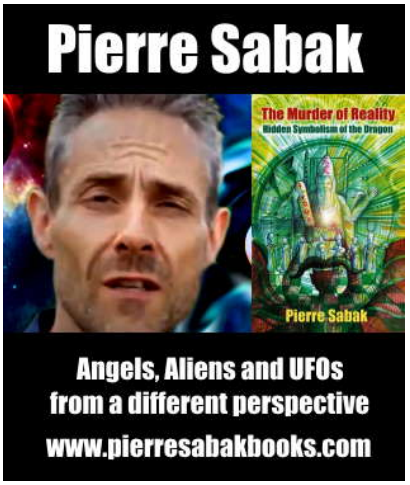

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